

A Study on Strategies for Effective Connection between High School and University Education

-- Based on the Analysis of Adaptability of College Students in 4 Universities in Fujian Province.

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Abstract: In order to explore how to effectively carry out the connection education between high school and university, 159 college students from four universities in Fujian area were surveyed. The questionnaire was designed to collect relevant information and analyze it carefully. The results show that there are many kinds of freshmen in their understanding and satisfaction of college majors. We should attach great importance to the research and practice of connection education between high school and university.

Keywords: College and high school education; Effective connection; Strategies

Introduction

High school education and university education are two important stages in the process of talent training and talent growth. For a long time, the communication between middle school education and university education is not enough. Middle school is concerned about the enrollment rate, while university is concerned about the selection of excellent talents. Middle school is at a loss to college education, while university is indifferent to middle school education. According to the survey, every year after college freshmen enroll, there are students in various colleges and universities who cannot adapt to college life, resulting in psychological problems, affecting normal learning, and even some are persuaded to drop out or suspend school. From the phenomenon, it is the problem of personal adaptation, but the underlying cause is how to link up higher education with university education.

Literature Review

1. The maladjustment of college freshmen

1.1 Can not adapt to the teaching method and learning inside capacity.

After entering the university, a common problem encountered by freshmen is that they are not adapted to the new learning content and learning way, especially the outstanding contradictions that the bad learning habits caused by exam-oriented education can not adapt to the new self-oriented environment. In high school, students are used to learning what the teacher teaches, which is a completely passive learning. Universities, on the other hand, emphasize students' self-learning ability and require students to study independently.

1.2 Can not adapt to university environment.

One of the former refers to the current situation of the university is not left to the current college students live is still "three points one line sigh dormitory, teaching room, dining hall feel monotonous to the school teaching conditions, logistics support, teachers and other aspects feel a lot of unsatisfactory place. How to contact with teachers, with classmates feel awkward, confused, bring depression and loneliness.

1.3 Can not adapt to living environment.

Freshmen who are used to living alone in a single room at home are either alone or together after school, and they have

to work and sleep together with classmates who have different habits and habits. Secondly, the discomfort of living and living. Now college students, the only child in the majority, they are mostly used to clothes, rice to zhang Mouth life, but now have to independently deal with those who were originally arranged by their parents instead of all kinds of life trivia, difficult to adapt.

2. The reasons for the inadaptability of college freshmen

2.1 The separation of teaching in a middle school and teaching in a university.

After entering the university, the teacher-led indoctrination mode of the original middle school was gradually replaced by the student-led self-study mode. Compared with high school, the teaching content of university is theoretical, large and fast.

2.2 The difference between middle school management model and university management.

In the process of learning, whether students are at school or at home, they have the supervision of teachers and parents, and they have to concentrate on their learning. On the other hand, university is a relatively loose learning and life management mode. Most students live on campus, separated from the jurisdiction of their parents, and teachers seldom ask questions about students' learning and life. Individuals have gained rare freedom to arrange their own life and study at will. And the new college students who have adapted to the management mode of middle school are affected by the influence of habitual psychological set, coupled with the lack of independent ability and self-restraint of some students, facing this sudden free space will appear at a loss of what to do.

2.3 The middle school segments are sealed against each other.

All the educational activities and work are mainly carried out around entering school and taking exams. Individuals receive much attention and love from parents and teachers, which leads students to have a great one-sidedness in their behavior and quality development on the one hand, and on the other hand, it also forms a relatively isolated learning and living environment. High schools ignore the "pre-school" education for students, while universities lack effective learning guidance and psychological adaptation guidance for new students. Such social defects will inevitably delay and hinder the college freshmen to adapt to the college stage

3. Research methods

Four universities in Xiamen, including Xiamen University, Jimei University, Minjiang University, Fuzhou University) of different majors, different genders of 200 Students were randomly sampled and filled in the questionnaire. Actual issue 159 copies were rolled and 150 valid questionnaires were collected with effective recovery of 94%. Finally, input the original data through statistical problems with EXCEL, classify and summarize, and then screen information. After screening information, making comparison and analysis (including crossover analysis, etc.), and making charts, final conclusions were made based on relevant questions.

4. Results

4.1 The low degree of major satisfaction

The understanding of their majors is less, the college entrance examination is often decided in just ten days. Only 6.9% of students are enrolled before 20.7% of the students knew their school very well, while the rest knew little or nothing. In the selected major, 0.5% of the students know it very well, 21.3% know it quite well, and 78.2% know it or not at all.

The low recognition of the major leads to a high proportion of students who are required to change majors. Figure 3 shows that 39% of the students have the intention to change their major. Among the students who have a general understanding of their major before entering the university, 41% hope to change their major; Those who had little knowledge of their major before entering the university, 40% of them wanted to change their major.

4.2 Can not adapt to the university teaching and learning style

Out of the higher requirements. But the problems revealed in the survey are not encouraging. The results showed that 23% of the students spent their self-study time on understanding and digesting classroom knowledge. Nearly half of the students' learning content is based on in-class content, supplemented by extracurricular content; Another 15 percent had some time to expand what they learned in class; Only 13 percent of the students are fully capable of all-round improvement and enrichment. This shows that many college students are still accustomed to using the learning methods of high school and fail to fully adapt to college's learning environment and style.

4.3 Can not adapted to the college environment.

Most of college freshmen will feel at a loss and helpless for a period of time after enrollment, especially the feeling of

idleness in leisure time. It can be seen from the results that 44% of college students who have a bad balance between study and life play games in their spare time, and another 15% engage in recreational activities. As there is more free time in college, it is particularly important to balance the proportion of time for learning and entertainment outside the classroom.

5. Reasons for college freshmen to have adaptive disorders are as follows:

5.1 Major selection

Among the students who choose their own majors, those who know the university very well account for 5%, have a better understanding of 20%, generally understand 41% and do not know 34%. Among the students whose parents have confirmed their choice of major, 8% are very familiar with the university, while those who are relatively familiar with the university account for 28%, general understanding accounted for 30%, do not know 34%. In both cases, the degree of professional understanding is very poor, with general understanding and ignorance accounting for more than 3/5.

5.2 Lack of self-learning ability and self-discipline

High school learning is basically passive, while university learning is more independent, professional and exploratory. For college freshmen, when numerous complicated courses and diversified teaching methods are presented in front of them, and the rapid teaching progress makes them too busy to think carefully, their learning methods and skills will inevitably face many tests. In addition, students are completely at their own disposal in college except for attending classes.

6. Strategies to strengthen effective connection between high school and university education

6.1 Universities should strengthen exchanges and cooperation with senior high schools.

Universities should take the initiative to strengthen communication with high schools to ensure that universities has good connection with high school education.

6.1.1 Establish long-term institutionalized cooperation with designated high schools

Teaching and research resources should be made available to parents and high school students and make full use of relevant academic conferences, absorb some high school students to participate in the section of research activities and innovation and entrepreneurship practice activities, so that students and parents as early as possible. Be familiar with and understand the setting and development potential of university related majors.

6.1.2 Improve the curriculum system of adaptation education for freshmen

Through the questionnaire, Checking the feedback, a lot of students think the school should extend the orientation of freshmen. Hold more activities for excellent seniors to impart learning and life experience, strengthen the course teaching of professional introduction.

6.2 High schools should take the initiative to link up with universities.

Senior high schools should consciously undertake the connection between senior high school education and university education to ensure that students can start university life smoothly after graduation.

Firstly, invite well-known experts and scholars in universities to do the most cutting-edge academic work for high school students.

Secondly, actively cooperate with universities to offer advanced placement courses.

Thirdly, improve students' ability of independent learning and self-management. We should also vigorously promote the construction of student associations, cultivate students' ability of choice and planning.

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